



**STANDING STONE STATE PARK – LIVINGSTON, TENNESSEE**  
**NOVEMBER 15, 2008 11:00 A.M.**

**PART OF THE 30<sup>TH</sup> ANNUAL TENNESSEE STATE PARKS RUNNING TOUR.**  
**SUPER FAST COURSE THROUGH THE SECLUDED WOODS OF STANDING STONE FOREST.**  
**FANTASTIC SCENERY AS YOU RUN BY THE LAKE AND STREAMS.**  
**VERY PEACEFUL.....UNLESS!!!! BIGFOOT SHOWS UP!!! YOU BETTER SCRAMBLE!!!**  
**AFTER ALL...HE HAS BEEN SEEN HERE SEVERAL TIMES!!!**

**POST RACE PASTA PARTY**  
**5 YEAR AGE GROUPS.**

Registration: Pre-Registered \$18 with T-Shirt. Pre-Registered \$5 No Shirt. Race Day \$12 No Shirt.

Only Pre-Registered Runners will receive a T-Shirt.

Pre-Registration must be received no later than November 8, 2008.

Mail Entries To: Frostbite Running Club 811 Peach Drive Livingston, TN 38570  
931/823-6124 931/397-5680 Email:live2run@rocketmail.com

<http://www.tnstateparks.com/RunningTour>

**Directions:** From Nashville, take I-40 East to the third Cookeville exit (288). Take Hwy 111 N to Livingston. Turn left on Hwy 52 to Hilham, then right on Hwy 136, which is the main park road. At the Ranger's house, turn right to Overton lodge by Standing Stone Lake.

[Link to Registration Forms](#)